

Daisy's story

Beautifully made-up and stylishly dressed, it's hard to believe that 17 year old Daisy* has been through a particularly difficult time. Problems at home and a challenging relationship with her parents left Daisy feeling increasingly anxious and low a few years ago. Then the future seemed like a bleak place to Daisy when just getting through the day was a struggle.

Daisy found out about Surrey Care Trust's mentoring programme through a friend who had been receiving support from one of the charity's volunteer mentors for a while. Daisy was matched with Aimee, who is another of the Trust's trained volunteer mentors, and they began to meet every week in a café.

At first Daisy found it hard to open up about her problems and how she was feeling so for the first few weeks they just chatted about school, Daisy's friends and her interests – general chit chat which gradually helped them to get to know each other. Aimee discovered that Daisy was a talented artist and was interested in makeup artistry and that was a real turning point.

Daisy says: "When we talked about art and make-up it gave us something to focus on and we built trust through that common ground. I felt then that I could really open up and let out everything with Aimee. I began to doubt myself less and believe in myself more as I realised that Aimee was there for me."

Thanks to their weekly chats Daisy's confidence and ability to deal with the problems at home began to improve, but Aimee was able to help Daisy in a practical way too – using her contacts in the television industry, Aimee was able to help Daisy to go behind the scenes at *Good Morning* and *Lorraine* and take a closer look at the work of t.v. makeup artists.

Daisy says: "Aimee set-up a week of really cool work experience for me – I would never have been able to have arranged that by myself. Aimee has shared her experiences about how she has worked her way up and that has really motivated me to focus on my career. She's encouraged me to get a part-time job and helped me with my c.v. and interview practice. Now I've got a job at the Body Shop so I've got a foot in the door of the industry and I'm at college studying media make-up and hair. I feel much more positive about the future now."

*Name has been changed